

## ALL DAY

SERVED MONDAY - SUNDAY 12PM - 5PM

all day full english breakfast two smithfield market cumberland sausages, two smoked dutch bacon, fried egg, grilled tomatoes, heinz beans, two hash browns or homemade bubble and squeak and granary or white toast	15.95
all day vegetarian breakfast (v) two vegetarian sausages, fried egg, two hash browns or homemade bubble and squeak, grilled tomatoes, heinz beans, mushrooms and granary or white toast	15.95
all day vegan breakfast (ve) two vegetarian sausages, two hash browns, avocado, grilled tomatoes, heinz beans, mushrooms and granary or white toast (dairy free butter)	15.95

## WEEKDAY WRAPS & OPEN CIABATTAS

SERVED MONDAY - FRIDAY 12PM - 5PM  
NOT AVAILABLE ON SATURDAY AND SUNDAY

your choice of wrap or open ciabatta. served with chips, curly fries or sweet potato fries, salad and homemade coleslaw

fish goujon premium fish goujons, lettuce and homemade tartare sauce	16.95
steak and onion chargrilled rib-eye steak cooked to your liking with fried onions	17.95
southern fried chicken goujon classic tender chicken goujon wrap with mixed leaves and bbq sauce	15.95
chicken, brie and cranberry chargrilled cajun chicken, soft brie and cranberry sauce	16.95
estuary club grilled cajun chicken, crispy bacon, tomato, lettuce and mayo	15.95
duck wrap chinese spiced duck, spring onions, cucumber and hoi sin sauce - served as a wrap only	16.95
tomato, brie and cranberry (v) beef tomato, soft brie and cranberry sauce	15.95
ham and cheese mature british cheddar, wiltshire dry cured ham and chilli jam	15.95
hlt (v) grilled halloumi cheese with lettuce, tomatoes and chilli jam	15.95
southern fried vegan chicken (ve) with lettuce, tomatoes and bbq sauce	15.95

## BREAKFAST

SERVED MONDAY - SUNDAY 9AM - 12PM

large full english breakfast two smithfield market cumberland sausages, two smoked dutch bacon, fried or poached egg, grilled tomatoes, heinz beans, two hash browns or homemade bubble and squeak and granary or white toast	14.95	shakshuka (v) roasted tomatoes, onions and peppers mixed with paprika cumin and chilli. topped with poached eggs and feta, served with crusty bread -add halloumi 2.00 -add chorizo 2.00	12.95
small full english breakfast one smithfield market cumberland sausage, one rasher of smoked dutch bacon, one hash brown, fried egg or poached egg, heinz beans or grilled tomatoes and granary or white toast	12.95	fresh fillet of smoked haddock poached and served with two poached eggs and fresh crusty granary bread	15.95
vegetarian breakfast (v) two vegetarian sausages, fried egg or poached egg, two hash browns or homemade bubble and squeak, grilled tomatoes, heinz beans, mushrooms and granary or white toast	14.95	scrambled eggs with scottish smoked salmon on two fresh granary toast	14.95
vegan breakfast (ve) two vegetarian sausages, two hash browns, avocado, grilled tomatoes, heinz beans, mushrooms and granary or white toast (dairy free butter)	14.95	eggs benedict poached eggs and hand cut ham, on a lightly toasted muffin with a creamy hollandaise sauce	13.95
luxury steak breakfast rib-eye steak, fried or poached egg, two hash browns or homemade bubble and squeak, mushrooms, grilled tomatoes, heinz beans and granary or white toast	22.95	eggs florentine poached eggs and wilted spinach, on a lightly toasted muffin with a creamy hollandaise sauce	13.95
crushed avocado on sourdough toast (v) crushed avocado on toast with poached eggs and grilled tomatoes	13.95	eggs royale poached eggs and scottish smoked salmon, on a lightly toasted muffin with a creamy hollandaise sauce	14.95
halloumi, egg and sourdough toast (v) grilled halloumi cheese, sour dough toast topped with avocado and feta, two poached eggs and grilled tomatoes	13.95	bubble benedict poached eggs and hand cut ham, on bubble and squeak with creamy hollandaise sauce	13.95
ham, egg and bubble and squeak (gf) fresh hand cut ham with bubble and squeak and two poached eggs	13.95	pancakes (v) american style pancakes. served with a topping of your choice: - strawberries, smoked dutch bacon and maple syrup - nutella and strawberries	11.95

### BREAKFAST COCKTAILS - SERVED UNTIL 12PM

bucks fizz - bloody mary - kir royale

ALL 6.95

## WEEKDAY LIGHT LUNCH

ALL 16.95

SERVED 12PM - 5PM MONDAY - FRIDAY  
NOT AVAILABLE ON SATURDAY AND SUNDAY

a slightly smaller portion of our main meals	lamb curry (gf) tender lamb in a rich spiced sauce. served with white rice
skewer & chips (gf) your choice of one chicken, steak, prawn or halloumi skewer with chips and salad	pork, parsnip and apple cider casserole tender pieces of pork shoulder in a apple cider sauce. served with creamy mash potato and mixed green vegetables
chicken wings (gf) coated in your choice of bbq or spicy louisiana sauce. served with chips and salad	homemade beef lasagne homemade aberdeen angus beef lasagne. served with salad and garlic bread
salt and pepper squid salt and pepper battered squid. served with a sweet chilli dip, chips and side salad	babyback ribs (gf) half a rack of chargrilled pork ribs. served with chips and salad
whole tail scampi breaded and served with chips, peas and homemade tartare sauce	seafood paella (gf) classic rice dish with chicken, chorizo, fresh mussels, tiger prawns and squid

## BREAKFAST EXTRAS

extras can only be added to our pre-existing selection of breakfasts. they are not able to be substituted

toast, fried slice or bread and butter	0.95
fried or poached egg (gf)	2.00
scrambled eggs (gf)	4.00
cumberland pork or vegetarian sausages	2.00
dutch bacon (gf)	2.00
grilled tomatoes (gf)	2.00
halloumi (gf)	4.00
heinz baked beans (gf)	2.00
bubble and squeak (gf)	2.50
two hash browns (gf)	2.50
pan fried mushrooms (gf)	2.50
two slices of black pudding	2.50
avocado (gf)	2.50

## KIDS MENU

ALL 7.95

10 YEARS OLD AND UNDER

chicken nuggets, chips and peas or beans
fish goujons, chips and peas or beans
two sausages, chips and peas or beans
scampi, chips and peas or beans
mac and cheese (v)

# STARTERS

pan fried tiger prawns (gf) cooked in a sweet chilli and garlic sauce or just garlic. served with crusty bread	11.95
spicy chilli and lemongrass prawns hot lemongrass breaded tiger prawns with a garlic mayo dip	11.95
salt and pepper squid salt and pepper battered squid. served with sweet chilli dip	8.95

chicken wings (gf) with a choice of bbq or spicy louisiana sauce. served with a salad garnish	7.95
southern fried chicken goujons estuary recipe buttermilk chicken. served with a bbq sauce	8.95
mac and cheese (v) macaroni pasta in a creamy cheese sauce, made with cheddar, red leicester and stilton	8.95

halloumi fries (v) cypriot cheese coated in breadcrumbs. with a chilli jam dip	8.95
vegan chicken goujons (ve) served with bbq sauce	8.95
chinese style duck crispy duck, served with cucumber, spring onion, hoisin sauce and chinese style wraps	10.95

large cheese nachos to share (v) (gf) cheddar cheese nachos, served with guacamole, salsa, sour cream and jalapenos	11.95
marinated gordal olives (v) with feta, crusty bread, balsamic and oil	7.95

# SEAFOOD

beer-battered cod/grilled cod beer-battered or grilled cod. served with chips, mushy peas or garden peas and homemade tartare sauce	16.95
salt and pepper squid salt and pepper battered squid. served with your choice of two sides and a sweet chilli dip	19.95
pan fried tiger prawns (gf) cooked in sweet chilli and garlic sauce or just garlic served with your choice of two sides	20.95
seafood paella (gf) classic rice dish with chicken, chorizo, fresh mussels, tiger prawns and squid	19.95

1kg pot of fresh mussels served with a bowl of chips, curly fries or sweet potato and crusty bread with a choice of the following freshly made sauces: - marinere sauce with cream, white wine and onions - provencal sauce with tomatoes, chilli and garlic	18.95
---	-------

whole tail scampi breaded and served with chips, curly fries or sweet potato and mushy peas or garden peas and homemade tartare sauce	17.95
--	-------

# SIZZLING FAJITAS

served with cheddar cheese, guacamole, spicy salsa, sour cream and tortilla wraps. 20.95

mix and match any two of the following:

- chargrilled cajun chicken
- duck oriental style
- chargrilled rib-eye
- pan-fried tiger prawns
- chargrilled cypriot halloumi (v)
- mixed fresh vegetables (v) 16.95

# WINTER WARMERS

sausages and mash three smithfield market cumberland sausages, with creamy mash potato and a rich onion gravy. served with mixed green vegetables or cauliflower cheese	16.95
fish pie smoked haddock, salmon and cod, topped with creamy mash and tiger prawns, served with mixed green vegetables or cauliflower cheese	18.95
pork, parsnip and apple cider casserole tender pieces of pork shoulder in a apple cider sauce. served with creamy mash potato and mixed green vegetables or cauliflower cheese	19.95

chicken katsu curry panko breaded chicken breast. served with an aromatic japanese style curry sauce, white rice, pickled ginger and prawn crackers	19.95
lamb curry (gf) tender lamb in a rich spiced sauce. served with white rice, poppadoms and mango chutney	19.95
steak, ale and mushroom pie prime english steak and mushroom in a rich ale gravy, served with creamy mash, mixed green vegetables or cauliflower cheese and gravy	17.95

chicken, ham and leek pie succulent pieces of chicken, ham and leek in a creamy sauce, served with creamy mash, mixed green vegetables or cauliflower cheese and gravy	17.95
seafood bake smoked haddock, salmon, cod, prawns, mussels and chorizo in a rich smoky spicy tomato sauce. served with mash and mixed green vegetables or cauliflower cheese	18.95
ham, egg and chips (gf) thick cut ham with two fried eggs and chips	16.95

# LUXURY SALADS

a large mixed leaf salad with herby diced potatoes, cucumber, cherry tomatoes, red onion, peppers and coleslaw

tiger prawns (gf) cooked with sweet chilli and garlic sauce or just garlic	20.95
---	-------

salt and pepper squid salt and pepper battered squid. served with sweet chilli sauce	19.95
---	-------

chargrilled chicken, bacon & feta (gf) fresh cajun spiced breast of chicken. chargrilled with bacon and feta cheese	20.95
--	-------

southern fried chicken estuary buttermilk chicken with bbq sauce	20.95
---	-------

chinese duck (gf) oriental-style crispy duck served with hoi sin sauce	20.95
---	-------

chargrilled halloumi & avocado (v) (gf) with marinated olives	19.95
--	-------

vegan salad (ve) vegan chicken goujons. served with a bbq sauce	19.95
--	-------

# CHARGRILLED SKEWERS

deliciously marinated and fresh off the chargrill served with your choice of two sides 20.95

choose any two of the following:

- chicken - in a cajun marinade
- steak - chargrilled rib-eye
- prawn - sweet chilli and garlic
- halloumi - traditional cypriot chese (v)
- vegetable - mixed vegetables (ve)
- two vegetable skewers - mixed vegetables (ve) 14.95

# BURGERS

estuary burger estuary recipe beef patty, with cheddar cheese, bacon, onion rings and bbq sauce in a pretzel bun. served with your choice of two sides	18.95
---	-------

plain and simple burger estuary recipe beef patty in a pretzel. served with your choice of two sides	16.95
---	-------

butter milk chicken burger estuary recipe buttermilk chicken, salad and mayonnaise in a pretzel. served with your choice of two sides	17.95
--	-------

halloumi burger (v) chargrilled halloumi cheese, topped with avocado and chilli jam. served with your choice of two sides	17.95
--	-------

spicy bean burger (ve) spicy bean burger patty, salad and guacamole in a pretzel bun. served with your choice of two sides	17.95
---	-------

# CHARGRILLS

10oz rib-eye steak a tender and flavourful steak cooked to your liking with a choice of peppercorn sauce or garlic butter. served with your choice of two sides - add a tiger prawn skewer 4.95	26.95
---	-------

bbq chicken (gf) chargrilled chicken breast in a smoky bbq sauce topped with bacon and cheddar. served with your choice of two sides	18.95
---	-------

babyback ribs (gf) full rack of chargrilled pork ribs in a classic bbq sauce. served with your choice of two sides	18.95
---	-------

babyback ribs and chicken (gf) half rack of pork ribs in a classic bbq sauce and your choice of chargrilled cajun breast or four chicken wings in bbq or spicy louisiana sauce. served with your choice of two sides	18.95
---	-------

# PASTA

smoked salmon and prawn tagliatelle scottish smoked salmon, prawns and wilted spinach in a cream and white wine sauce	20.95
--	-------

chargrilled chicken and chorizo tagliatelle cajun chicken and chorizo in a rich tomato, roasted red pepper, onion, paprika, cumin and chilli sauce	18.95
---	-------

homemade beef lasagne homemade aberdeen angus beef lasagne. served with your choice of two sides	18.95
---	-------

mac and cheese (v) macaroni pasta in a creamy cheese sauce, made with cheddar, red leicester and stilton. served with side salad and garlic bread make it meaty? add your choice of chorizo or smoked bacon	18.95
---	-------

# SIDES

- |                                      |                                    |      |
|--------------------------------------|------------------------------------|------|
| - chips (ve) (gf)                    | - garlic ciabatta (v)              |      |
| - sweet potato fries (ve) (gf)       | - cheesy garlic ciabatta (v)       |      |
| - curly fries (ve)                   | - onion rings                      |      |
| - mash potato (v) (gf)               | - mixed green vegetables (ve) (gf) |      |
| - spicy vegetable rice (gf) (v)      | - cauliflower cheese (v)           |      |
| - white rice (ve) (gf)               | - side salad (v) (gf)              |      |
| - bbq chicken wings (gf)             | - pickled onion (ve) (gf)          | 0.75 |
| - spicy louisiana chicken wings (gf) | - pickled gherkin                  | 0.75 |

if not with meal 4.95